

Dear Fellow State Employees,

We'd like to remind you to check the Working On Wellness web site. There are new fitness and nutrition pages that we hope you will enjoy.

The August newsletter has picnic safety tips, info on insect bites, sunscreen facts, and other health-related articles.

Check the "What's up in your area" page for individual county health resource lists. There's a new tip for you to read every Monday through Friday. And... watch next month for a story about another SOM department's wellness program.

We want you to be healthier. You can improve your health by exercising more and eating a healthy diet. We hope to help you do this through our web site at WOW-WorkingOnWellness:

http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html

We have simplified this message for the benefit of state employees who have been unable to properly view our previous e-mails containing the message-associated pictures and our logo.

Thank you,
Employee Health and Wellness